



## NSWCAI SOLO/DUO COMPETITION 2022 FACT SHEET

NSWCAI extends an invitation to all interested Calisthenic Members to enter our annual State Solo Competition to be held at Bankstown Sports Club Theatre on the weekend of Friday 29<sup>th</sup> April and Sunday 1<sup>st</sup> May 2022. Entries are via [www.comps-online.com.au](http://www.comps-online.com.au) only. Once payment has been processed, a confirmation email will be sent\*.

**Please read the information provided below to be fully aware of all terms and conditions of entry:**

### VENUE

- Venue:** Bankstown Sports Club – 8 Greenfield Parade, Bankstown NSW 2200.  
The Grand theatre – located upper level (follow signs on arrival)
- Transport:** **Driving** – Free parking is available at the venue, tickets can be validated at reception upon exit.
- Train** – Bankstown Station is a 5 minute walk. If getting the train from the airport change at Central for Bankstown services. Alternatively it is approx. 30 min drive/Uber from the airport
- Accommodation** – there is a Travelodge located directly under the venue with great rates available, otherwise there is plenty in the vicinity
- Facilities:** Plenty of restaurants and food outlets within the club, or Centro Bankstown Shopping Centre is a 5 min walk. Please note: No external take away foods are to be brought into the club/theatre. Packed lunches are fine.
- Supervision:** An adult must accompany all children under the age of 18 at all times. This includes walking through the club, to and from the theatre, and all other facilities. This is a requirement from the venue due to licensing and for the safety and benefit of your children. You cannot just drop your child and leave. If you need to drop off, you must co-ordinate with your coach or another parent to meet your child before entering.

### ENTRIES

- Entries:** Entries are due by **Sunday, 6<sup>th</sup> March 2022**
- Due to timing constraints, entries are limited,**
- \*Entries are capped at a number per day once the first day entries have been filled entries then received will be placed on a waiting list if we are unable to reach capacity for a 2nd day of competitions by the entry closing date money will be refunded.\**
- To enter please register online at [www.comps-online.com.au](http://www.comps-online.com.au)
- Entries are not accepted until payment has been received. Payment is to be made via Paypal or credit card by following the links provided.
- ACF/NSW Rules and NSW Minimum Skill Requirements are available on the entry website. These must be viewed before entering.



**Entry Fees:**

Entries fees for 2022 are as follows:

\$45.00 per competitor for solo and graceful items

\$60.00 per Duo item\*\*

*\*\*Note only one entry is required per duo – competitors should coordinate as to who will be responsible for submitting entry form and making payment*

**Divisions:**

We are continuing to offer grades/divisions for all age groups (dependent on entry number in each section)

Competitors will be entered into sections based on their previous NSWCAI Competition results, and their state grading. The divisions for 2022 Competition will be “A” and “B”. The NSWCAI Competition Committee will determine the grading, and their decision is final.

NSWCAI needs a minimum of 2 competitors in a section to run a competition. If we get a single entry for any section, that competitor will be contacted.

**Interstate Competitors:**

We welcome your entry however we cannot be responsible for any changes to border restrictions and quarantine requirements that may occur. We advise you to make bookings that can be cancelled or changed as necessary without financial penalty. NSWCAI will refund all entry fees for interstate competitors unable to attend due to changes in restrictions and border closures.

**TECHNICAL INFORMATION**

***Lighting/Music – Please don't send anything yet, we will call for these at a later date***

**Staging:**

The performance area is 8m x 10m (with the standard 2.5m between all crosses). There is a small apron in front of the front line of theatre that will be marked for Safety purposes. Please see below photo (front line will be taped where curtain is)





Coaches are advised that there is no front or back curtain available. Instead there is a permanent white Cyclorama across the back of the stage. Competitors will need to start at centre back stage in a blackout if back curtain entry is normally used.

There is also no room between the side of the stage and the wings. The only people to be side stage during a performance are the 2 x Stage Managers, Coach and Competitor.

If a coach has consecutive girls on stage, a small holding room is available for the next competitor to wait.

**Lighting:** There will be only one door for entry and exit to the dressing rooms.

**Music:** We are very excited to offer more lighting at this venue. Lighting sheets will be provided once entries close. Lighting available will be colour washes, front of stage lit, centre of stage lit, black out.

**Crit Papers:** Coaches need to upload music to the assigned dropbox folder, information will be sent once entries close.

**Videos:** NSWCAI will again be using voice critiques, these will be available to your dropbox folder within 72 hours of competition completion.

**Photos:** Performance videos will be included with all entries, a dropbox link will be sent to the email address that was used in the entry process.

There will be no stage photography at this competition. Parents and coaches are welcome to take photos at the designated Photo Wall

**Dressing Rooms:** The dressing room for this competition will be the Garrison Room. It is one large dressing and warm up space for all competitors. Please be courteous of other competitors. Access is via the foyer, follow the signs on the day. Access to the dressing room is for coaches and competitors only, due to child protection laws. Coaches are to wear their coaching badges at all times. Competitors must not get ready outside of this dressing room (including the foyer)

**SHOES MUST BE WORN AT ALL TIMES. So please pack thongs, slides or slippers to wear between the dressing room and the stage.**

## AUDIENCE

Seats will be available in line with capacity limitations set out in NSW Government Guidelines. All tickets will be pre-paid and audience members must follow the directions given to ensure social distancing between groups sitting in the theatre.

To purchase tickets you will need to complete a form and EFT your ticket money to NSWCAI. Tickets will be available for collection when the Competitor checks in for registration.



Audience members when attending will be asked to keep their movement to a minimum where possible.

Attendees should assess their own capacity to safely attend the competition. Those in high-risk categories should carefully consider attendance and seek medical advice if unsure of their safety.

## GENERAL HEALTH REQUIREMENTS

We will require that everyone attending the event practice social distancing.

The stage, dressing rooms, foyer, bathrooms and any other high contact areas will be cleaned and sanitised regularly during the event by the committee and venue staff.

Hands must be sanitised on entry to the venue, backstage area and auditorium. Sanitising stations will be available throughout the venue for regular use.

Whilst Government Regulations change frequently some of the below may apply the week of the competition, we will provide you with up to date information.

The Service NSW App will be used to record attendance and provide contact tracing details. Please download the app before arriving at the venue. All Attendees and Coaches will be required to use the App when entering the venue. If you are not from NSW, or you are unable to use the App on your phone an alternative QR Code will be provided. You must provide contact details to be admitted to the venue. Competitors must also register upon arrival at the Garrison Room.

While masks are not mandatory in NSW we do encourage anyone attending, particularly if you may be at higher risk, have contact with other high-risk family members, or may be feeling anxious to wear a mask as an additional precaution. Those attending the competition for an extended period, or over several sections may also wish to consider the precautionary benefits of wearing a mask.

Please do not come to the competition if you are unwell. If you, or anyone you have been in contact with, has been exposed to the Covid-19 virus or you have recently travelled to/from a known Covid hotspot you must exclude yourself from attending. If you become aware that you have been in an area that is announced as a hotspot after the event please contact the Director of Competitions at [comps@calisthenicsnsw.com.au](mailto:comps@calisthenicsnsw.com.au)

NSW Calisthenics should be notified immediately of any suspected or confirmed cases of the virus. The Director of Competitions will then notify the relevant authorities and attendees.

It may become necessary to change these requirements in line with regulations that are current at the time of the competition. We all hope that restrictions lift further however in this uncertain time, it could also mean tightening of restrictions and may include the introduction of:

- Mandatory wearing of face masks
- Audience limitations
- Backstage number limitations
- Changes to section numbers, times and mode of operation

NSW Calisthenics reserves the right to deny entry or remove anyone who will not adhere to the requirements in place at the time of the competition.

***Looking forward to a great competition and we thank you for your continued support!***